



# The Truman

Equal Opportunity \* Diversity \* Special Emphasis Program Newsletter

September 2016 Issue 18

## GREETINGS FROM THE SEEM

★ ★ ★ ★ ★ ★  
Greetings

Hispanic Heritage  
Month

*U.S. honors Puerto  
Ricans who fought,  
died in segregated  
unit*

Patriot Day and  
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Attacks

POW & MIA  
Remembrance Day

*COL. Ben Purcell*

*The White Table A  
Remembrance to Our  
POW/MIAs*

Suicide Prevention  
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Grandparents Day

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Around MO

Recipe: Feijoada

Suicide Prevention  
Month

FOH & EAP Spotlight

★ ★ ★ ★ ★ ★

Greetings,

I hope everyone reading this newsletter had a good month of August.

This month we are celebrating and honoring our Hispanic Americans many contributions to our great nation.

We are also are remembering and honoring the lives lost during September 11<sup>th</sup>.

We Will Never Forget.

Respectfully,

MAJ Deborah A. Smith  
State Equal Employment Manager



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## 9-11 THOUGHTS

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I sometimes ask soldiers within our ranks how old they were on September 11, 2001.

It's a reminder of how that date was a "career-changer" for me-- and just how incredible our younger Guardsmen are! They joined KNOWING they would serve America in challenging times!

Although there are many operational changes in the role and way the National Guard serves today, there are two very important ways our nation now looks at our service.

The first is that we are considered part of the OPERATIONAL FORCE, meaning that we take our turn "at the front of the line" in harm's way just like the Active Component. We are "in the mix" of fighting capabilities and not just a "reserve force" to be used only in a global crisis.

The second is that we are, in essence, the pre-deployed HOMELAND DEFENSE Team. Just as we are ready for State Emergency Duty when needed, we are already embedded within the nation as a deterrent and national response if ever needed. Yes, the Guard continues to change.

But closer to home in the Missouri National Guard, our greatest threat is not the enemy far away... but the need to take care of ourselves and our communities.



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It's true that we have lost 14 Soldiers and Airmen on an active duty status since 9/11 (not all from combat, but while deployed). We honor and remember those fallen from our ranks and their families.

Actually, we are more likely to be involved with traffic accidents or natural illnesses, accounting for more than 100 losses. Health, diet, physical fitness, wearing a seat belt, and not texting and driving REALLY DO MATTER!

And most important, we must demonstrate care for our fellow-soldiers by knowing how they are doing and helping them through tough times. Since 9/11, over 45 members of our Guard-family have ended their own lives. Now that's a 15 year window involving more than 10,000 people with a 15% turnover rate or better... but it's still TOO MANY!

Thankfully there is a greater awareness of soldier and family needs, more resources available, and an increasing "care-factor" at all levels of the Guard. Many soldiers who thought "nobody cared" are surprised at the help and support they receive. It's okay to raise your hand and let your Guard-family know what's going on-- we'll work through it together.

So on this 15th Anniversary of 9/11, I'm blessed to belong to an organization that does great things and cares about others. The best way to beat terrorism is to live like an American... in freedom, with responsibility toward my neighbor.

COL Gary Gilmore  
JFHQ-MO Chaplain



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# Hispanic Heritage Month

15 September – 15 October 2016

## *Embracing, Enriching, and Enabling America*

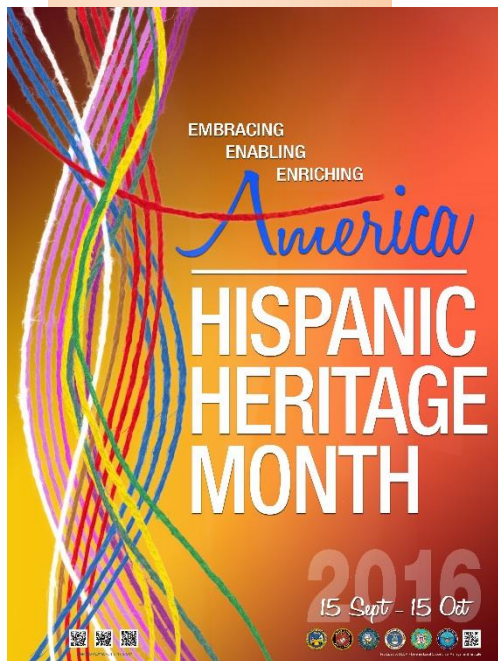
Each year, we observe National Hispanic Heritage Month from September 15th to October 15th. During this month, we celebrate the histories, cultures, and contributions of American citizens with ancestors from Spain, Mexico, the Caribbean, and Central and South America.

September 15th was chosen as the starting point for Hispanic Heritage Month because it is the anniversary of independence for five Latin American countries—Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua.

In addition, Mexico declared its independence on September 16th, and Chile on September 18th.

This year's theme, chosen by the National Council of Hispanic Employment Managers is: "Embracing, Enriching, and Enabling America."

The winning theme was submitted by Maurice Sanabria, Command Programs Office, Defense Logistics Agency-Aviation, and focuses on three elements.



Source:  
[www.deomi.org](http://www.deomi.org)





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# Hispanic Heritage Month

15 September – 15 October 2016

## *Embracing, Enriching, and Enabling* *America*

### Embracing

Hispanics and Hispanic-Americans still look at the United States of America as the great beacon of hope; the land of opportunity; and a place where anyone with determination, self-discipline, and hard work can achieve his/her goals. We embrace the ideals that founded this nation. We believe in the American Dream, in self-determination, in liberty, and the pursuit of happiness.

### Enriching

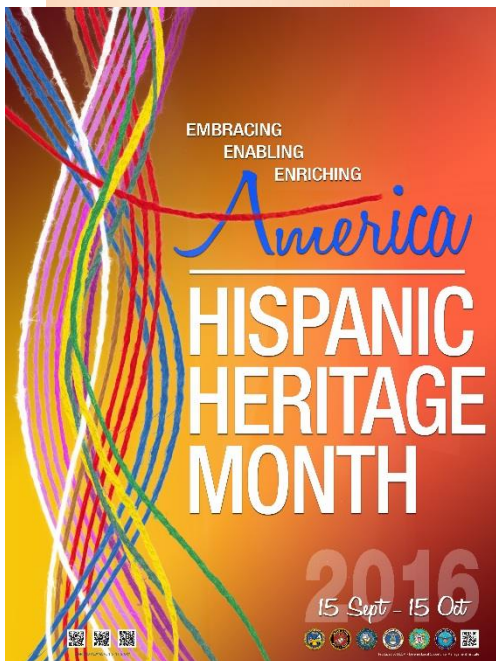
Hispanics and Hispanic-Americans not only embrace America and its culture but we also bring our own traditions, culture, language, values, work ethic and ideals to the great American table. We enrich this culture through diversity, hard work, compassion, passion, and an unwavering commitment to make this country better than it already is.

### Enabling

Hispanics and Hispanic-Americans make contributions in many fields that enable the greatness of America. Our contributions to the defense of this nation, the arts, sports, public service, research and development, non-profit organization management, civil rights, politics, business, agriculture, and the service industry enable America to maintain its competitiveness, relevance, and position in the global landscape as the leader of the free world.

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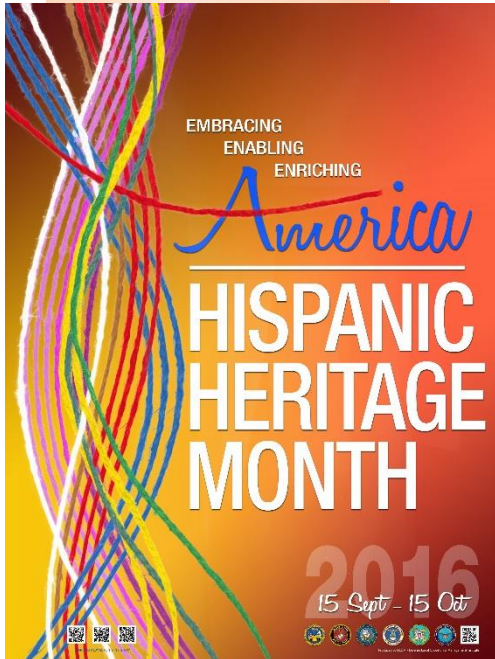
The winning theme was submitted by Maurice Sanabria, Command Programs Office, Defense Logistics Agency-Aviation, and focuses on three elements.

America's diversity has always been one of our nation's greatest strengths. Hispanic Americans have long played an integral role in America's rich culture, proud heritage, and the building of this great nation.

This year's theme invites us to reflect on Hispanic Americans' not only embracing America and its culture but also bringing their own traditions, culture, language, values, work ethics and ideals to the vitality and meaningful legacy in our Nation's cultural framework.

Source:

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# U.S. honors Puerto Ricans who fought, died in segregated unit

By: [Danica Coto](#), April 27, 2016 | [www.militarytimes.com](http://www.militarytimes.com)

SAN JUAN, Puerto Rico — Angel Acevedo looked down at the Congressional Gold Medal in his hands as his eyes welled with tears during a ceremony held Wednesday to honor Puerto Ricans like him who faced discrimination and waited decades to be recognized for fighting several wars under the last segregated unit in combat.

The 94-year-old Purple Heart recipient then pointed at a group of fellow veterans gathered in front of him at an imposing 16th-century fort from where the United States fired the first shots during World War I at a German ship leaving the U.S. territory. Acevedo praised the valor of his friends in the wars that followed.

"We were in combat 66 years ago and today history has arrived to recognize us," said Acevedo, who fought in World War II, the Korean War and the Vietnam War as part of the 65th Infantry Regiment. "When I was wounded, those Borinqueneers saved my life."

The Borinqueneers were a Hispanic unit segregated from other soldiers as were the black Tuskegee Airmen and Navajo Code Talkers. But it was not until this year that Acevedo and others like him received the highest civilian award given by Congress.

"We are infinitely grateful to be recognized for what we went through and what we did," said Acevedo, who spent eight months in a hospital in Hawaii after a mine exploded near his Jeep in Korea with such force that it threw him into a rice paddy.





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Puerto Rico war veterans walk during a ceremony to award them their Congressional Gold Medals at an April 27 ceremony in San Juan, Puerto Rico. Photo Credit: Danica Coto/AP





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Pedro Pierluisi, Puerto Rico's representative in Congress, was among those who fought for the Borinqueneers to be recognized and said that because of their efforts Latinos have been able to integrate into the U.S. military. The Borinqueneers had once faced discrimination, such as being punished for speaking Spanish.

Robert McDonald, the U.S. Secretary of Veterans Affairs, traveled to the U.S. territory for the ceremony and praised the Borinqueneers. He lamented that many died before receiving the medal, including one who single-handedly stopped an enemy assault through the night after his group was attacked.

"Their service in both World Wars, and especially in Korea, is truly legendary," he said. "This medal is long overdue."

Echoing that sentiment was 88-year-old Rafael Gomez, who fought in Korea and said he observed how Puerto Rican soldiers often would be sent into the hardest missions.

"It is truly a late recognition because the majority of us have died," he said. One of the oldest living Borinqueneer soldiers honored on Wednesday was 104-year-old Martin Morales, who fought in World War II. He remained seated in his walker for the ceremony but later walked around the fort's grounds to greet and chat with his friends.

"Sweet Mary, this has been good," he said. "I've had a happy day today."



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Puerto Rico war veteran Angel Acevedo, 94, examines his Congressional Gold Medal on April 27 at a ceremony in San Juan, Puerto Rico. Photo Credit: Danica Coto/AP



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# Patriot Day in the United States

*Patriot Day is an annual observance on September 11 to remember those who were injured or died during the terrorist attacks in the United States on September 11, 2001. Many Americans refer Patriot Day as 9/11 or September 11.*

### Observe Patriot Day

On the direction of the President, the flag of the United States of America should be displayed on the homes of Americans, the White House and all United States government buildings in the whole world. The flag should be flown at half-staff as a mark of respect to those who died on September 11, 2001. Many people observe a moment of silence at 8:46 AM (Eastern Daylight Time). This marks the time that the first plane flew into the World Trade Center. Some communities, particularly in the areas directly affected by the attacks, hold special church services or prayer meetings. People who personally experienced the events in 2001 or lost loved ones in them, may lay flowers or visit memorials.



Patriot Day remembers those who lost their lives during the 2001 terrorist attacks in the United States. ©iStockphoto.com/Terraxplorer



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### 9/11 Attacks

On September 11, 2001, 19 militants associated with the Islamic extremist group al-Qaeda hijacked four airliners and carried out suicide attacks against targets in the United States. Two of the planes were flown into the towers of the World Trade Center in New York City, a third plane hit the Pentagon just outside Washington, D.C., and the fourth plane crashed in a field in Pennsylvania. Often referred to as 9/11, the attacks resulted in extensive death and destruction, triggering major U.S. initiatives to combat terrorism and defining the presidency of George W. Bush. Over 3,000 people were killed during the attacks in New York City and Washington, D.C., including more than 400 police officers and firefighters.

On September 11, 2001, at 8:45 a.m. on a clear Tuesday morning, an American Airlines Boeing 767 loaded with 20,000 gallons of jet fuel crashed into the north tower of the World Trade Center in New York City. The impact left a gaping, burning hole near the 80th floor of the 110-story skyscraper, instantly killing hundreds of people and trapping hundreds more in higher floors. As the evacuation of the tower and its twin got underway, television cameras broadcasted live images of what initially appeared to be a freak accident. Then, 18 minutes after the first plane hit, a second Boeing 767—United Airlines Flight 175—appeared out of the sky, turned sharply toward the World Trade Center and sliced into the south tower near the 60th floor. The collision caused a massive explosion that showered burning debris over surrounding buildings and the streets below. America was under attack.

The attackers were Islamic terrorists from Saudi Arabia and several other Arab nations. Reportedly financed by Saudi fugitive Osama bin Laden's al-Qaeda terrorist organization, they were allegedly acting in retaliation for America's support of Israel, its involvement in the Persian Gulf War and its continued military presence in the Middle East.





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### 9/11 Attacks

Some of the terrorists had lived in the United States for more than a year and had taken flying lessons at American commercial flight schools. Others had slipped into the country in the months before September 11 and acted as the “muscle” in the operation. The 19 terrorists easily smuggled box-cutters and knives through security at three East Coast airports and boarded four flights bound for California, chosen because the planes were loaded with fuel for the long transcontinental journey. Soon after takeoff, the terrorists commandeered the four planes and took the controls, transforming ordinary commuter jets into guided missiles.

As millions watched the events unfolding in New York, American Airlines Flight 77 circled over downtown Washington, D.C., and slammed into the west side of the Pentagon military headquarters at 9:45 a.m. Jet fuel from the Boeing 757 caused a devastating inferno that led to the structural collapse of a portion of the giant concrete building. All told, 125 military personnel and civilians were killed in the Pentagon, along with all 64 people aboard the airliner.

Less than 15 minutes after the terrorists struck the nerve center of the U.S. military, the horror in New York took a catastrophic turn for the worse when the south tower of the World Trade Center collapsed in a massive cloud of dust and smoke. The structural steel of the skyscraper, built to withstand winds in excess of 200 miles per hour and a large conventional fire, could not withstand the tremendous heat generated by the burning jet fuel. At 10:30 a.m., the other Trade Center tower collapsed. Close to 3,000 people died in the World Trade Center and its vicinity, including a staggering 343 firefighters and paramedics, 23 New York City police officers and 37 Port Authority police officers who were struggling to complete an evacuation of the buildings and save the office workers trapped on higher floors. Only six people in the World Trade Center towers at the time of their collapse survived. Almost 10,000 others were treated for injuries, many severe.



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### 9/11 Attacks

Meanwhile, a fourth California-bound plane—United Flight 93—was hijacked about 40 minutes after leaving Newark International Airport in New Jersey. Because the plane had been delayed in taking off, passengers on board learned of events in New York and Washington via cell phone and Airfone calls to the ground. Knowing that the aircraft was not returning to an airport as the hijackers claimed, a group of passengers and flight attendants planned an insurrection. One of the passengers, Thomas Burnett Jr., told his wife over the phone that “I know we’re all going to die. There’s three of us who are going to do something about it. I love you, honey.” Another passenger—Todd Beamer—was heard saying “Are you guys ready? Let’s roll” over an open line. Sandy Bradshaw, a flight attendant, called her husband and explained that she had slipped into a galley and was filling pitchers with boiling water. Her last words to him were “Everyone’s running to first class. I’ve got to go. Bye.”

The passengers fought the four hijackers and are suspected to have attacked the cockpit with a fire extinguisher. The plane then flipped over and sped toward the ground at upwards of 500 miles per hour, crashing in a rural field in western Pennsylvania at 10:10 a.m. All 45 people aboard were killed. Its intended target is not known, but theories include the White House, the U.S. Capitol, the Camp David presidential retreat in Maryland or one of several nuclear power plants along the eastern seaboard.

At 7 p.m., President George W. Bush, who had spent the day being shuttled around the country because of security concerns, returned to the White House. At 9 p.m., he delivered a televised address from the Oval Office, declaring, “Terrorist attacks can shake the foundations of our biggest buildings, but they cannot touch the foundation of America. These acts shatter steel, but they cannot dent the steel of American resolve.” In a reference to the eventual U.S. military response he declared, “We will make no distinction between the terrorists who committed these acts and those who harbor them.”



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## National POW/MIA Recognition Day History

Until July 18, 1979, no commemoration was held to honor America's POW/MIAs, those returned and those still missing and unaccounted for from our nation's wars. That first year, resolutions were passed in the Congress and the national ceremony was held at the National Cathedral, Washington, D.C. The Missing Man formation was flown by the 1st Tactical Squadron, Langley AFB, Virginia. The Veterans Administration published a poster including only the letters "POW/MIA" and that format was continued until 1982, when a black and white drawing of a POW in harsh captivity was used to convey the urgency of situation and the priority that President Ronald Reagan assigned to achieving the fullest possible accounting for Americans still missing from the Vietnam War.

National POW/MIA Recognition Day legislation was introduced yearly, until 1995 when it was deemed by Congress that legislation designating special commemorative days would no longer be considered by Congress. The President now signs a proclamation each year. In the early years, the date was routinely set in close proximity to the League's annual meetings. In the mid-1980's, the American Ex-POWs decided that they wished to see the date established as April 9th, the date during World War II when the largest number of Americans were captured. As a result, legislation urged by the American Ex-POWs was passed covering two years, July 20, 1984 and April 9, 1985, as the commemoration dates.



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# National POW/MIA Recognition Day History

The 1984 National POW/MIA Recognition Day ceremony was held at the White House, hosted by President Ronald Reagan. At that most impressive ceremony, the Reagan Administration balanced the focus to honor all returned POWs and renew national commitment to accounting as fully as possible for those still missing. Perhaps the most impressive Missing Man formation ever flown was that year, up the Ellipse and over the White House. Unfortunately, the 1985 ceremony was canceled due to inclement weather, a concern that had been expressed when the April 9th date was proposed.

Subsequently, in an effort to accommodate all returned POWs and all Americans still missing and unaccounted for from all wars, the National League of Families proposed the third Friday in September, a date not associated with any particular war and not in conjunction with any organization's national convention. Most National POW/MIA Recognition Day ceremonies have been held at the Pentagon. On September 19, 1986, however, the national ceremony was held on the steps on the U.S. Capitol facing the Mall, again concluding with a flight in Missing Man formation.

National POW/MIA Recognition Day Ceremonies are now held throughout the nation and around the world on military installations, ships at sea, state capitols, at schools, churches, national veteran and civic organizations, police and fire departments, fire stations, etc. The League's POW/MIA flag is flown, and the focus is to ensure that America remembers its responsibility to stand behind those who serve our nation and do everything possible to account for those who do not return.





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### **Col. Ben Purcell: Highest Ranking Vietnam POW Dies at 85**

by David Moore Published: April 15, 2013 93 Comments

Retired Col. Benjamin H. Purcell, who was the highest-ranking Army prisoner of war (POW) in Vietnam, died on April 2 at age 85.

Purcell was captured in Vietnam in early 1968 and spent more than five years as a POW in Laos. After his return to the United States, Purcell continued serving until his retirement in 1980.

#### **Life as a POW**



“Man’s most precious possession, second only to life, is freedom.” — Col. Ben Purcell

On Feb. 8, 1968, the helicopter Purcell was in was shot down near Quang Tri City, a major area attacked in the Tet Offensive. He and the crew were immediately captured. When Purcell and his men were captured, the Viet Cong took all of their possessions, even their combat boots, and force marched them for days on little food and water to the prison camp.

On Feb. 14, the Vietcong interrogated the American soldiers for the first time — it was Purcell’s 40th birthday.



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“From this point things went downhill fast,” Purcell told the Georgia Department of Veterans Service (GDVS).

He wanted to give up, but he was determined to endure the trials, no matter how often the Vietcong pressured him to denounce his country.

The next 62 months were spent in a variety of prison camps around Vietnam. And since Purcell was a high ranking officer, he was kept in solitary confinement for about 58 of those months.

“‘Deny yourself as American serviceman,’ the Vietcong said. ‘Criticize yourself as the aggressor — then things will get good for you,’” Purcell said about how his interrogations often proceeded. “But to betray myself and my country was not an option for me.”

Purcell resisted his captors’ temptations. He even managed to break out of the POW camps twice — he was captured, but Purcell considered his escapes a personal victory. He proved that their prisons weren’t invulnerable.

His love for his wife Anne also spurred him on. Despite the Vietcong confiscating his wedding band, Purcell remembered what he had to live for. To help remind him of his wife, he made a new wedding ring out of bamboo and thread.

“I knew I had Anne and the children at home waiting for my return,” Purcell said. Purcell never gave up hope that he’d get home, despite reoccurring doubts.

“Every morning I would wake up and say (to myself) ‘Ben, I hope this is the day you’re going home,’” he told GDVS. “Then the sun would go down and I’d say, ‘Well, tomorrow is another day.’”



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by David Moore Published: April 15, 2013

On Mar. 27, 1973, the day Purcell was hoping for finally arrived — he returned home.

His very first public statement after his release was, “Man’s most precious possession, second only to life, is freedom.”

### **Leaving a Legacy**

For his final assignment, Purcell taught as professor of military science and commandant of cadets at the ROTC detachment at North Georgia College.

Col. Rich Crotty of U.S. Forces Command at Fort Bragg, N.C., was a cadet at North Georgia while Purcell was commandant, according to the Gainesville Times.

“He groomed us for an Army career,” said Crotty. “He mentored us. He was a professional Army officer.”

Crotty told the Gainesville Times that Purcell emphasized family, faith and love of country to the cadets at North Georgia.

“His experience in Vietnam really showed that,” he said. “He was a superb human being.”

But Purcell’s memory lives on. In 2012, North Georgia College dedicated the new formation plaza on the university’s Dahlonega campus as the Col. Ben Purcell Formation Plaza.

*Photo courtesy of U.S. Army*



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### **The White Table – A Remembrance to Our POW/MIAs**

Mar 26, 2012 | Vietnam War

The Armed Forces History Museum in Largo, FL has a White Table of Remembrance set up and on display in the museum in recognition of our POW/MIA's.

#### **The White Table's History**



Sample of a white table of remembrance

Though no one is able to trace the history of the White POW/MIA Table back to its very beginning, it is believed to have originated by the River Rats during the Vietnam War. Once the war was over, it is believed the tradition continued state-side as a commemorative to the fallen comrades as well as the men who were still missing in action. It wasn't long before the tradition became a part of each military branch. Over the years, the "table" has evolved and there are some slight differentiations that exist between the tables set by each branch of the military. The general principle, and most of the setting, is similar.





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Mar 26, 2012 | Vietnam War

1. The tablecloth chosen for the table is always white. White symbolizes the pure intention with which the comrades honored have served.
2. The table is small with a setting for just one person, reflecting the vulnerability of one prisoner against his enemy.
3. A single rose in a vase sits on the table symbolizing the blood that has been shed. The rose also represents the families and loved ones that have been left behind and the faith they uphold that their loved one will one day return.
4. A slice of lemon is placed on a bread plate as a reminder of their bitter fate. And the salt on this plate symbolizes the tears that have been shed by their families as they quietly wait.
5. A glass on the table is inverted which denotes their inability to be with us and toast with us this night.
6. A candle on the table represents the light in our hearts that accompanies the hope that they will one day find their way home.
7. A chair is placed at the table and remains empty, for they are not here with us.



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Mar 26, 2012 | Vietnam War

Let Us All Take a Moment to Remember

Most of us have not been deeply touched by the loss or the unknown whereabouts of a loved one who served in the military. We go about our daily rituals with little thought of those who died in combat, those still listed as missing in action or even those who may possibly still be held as prisoners of war. Our day should not be dismally overshadowed by such atrocities, however, we should never forget the sacrifices made by our military men and women and especially those (and their families) who gave the ultimate sacrifice – their life.

Make a promise to periodically remember those who have given so much in order for us to continue to enjoy the lifestyle's we often take for granted. Make it a point to review and remember through the symbolism of The White Table.





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[www.DSPO.mil](http://www.DSPO.mil)

## SUICIDE PREVENTION MONTH 2016



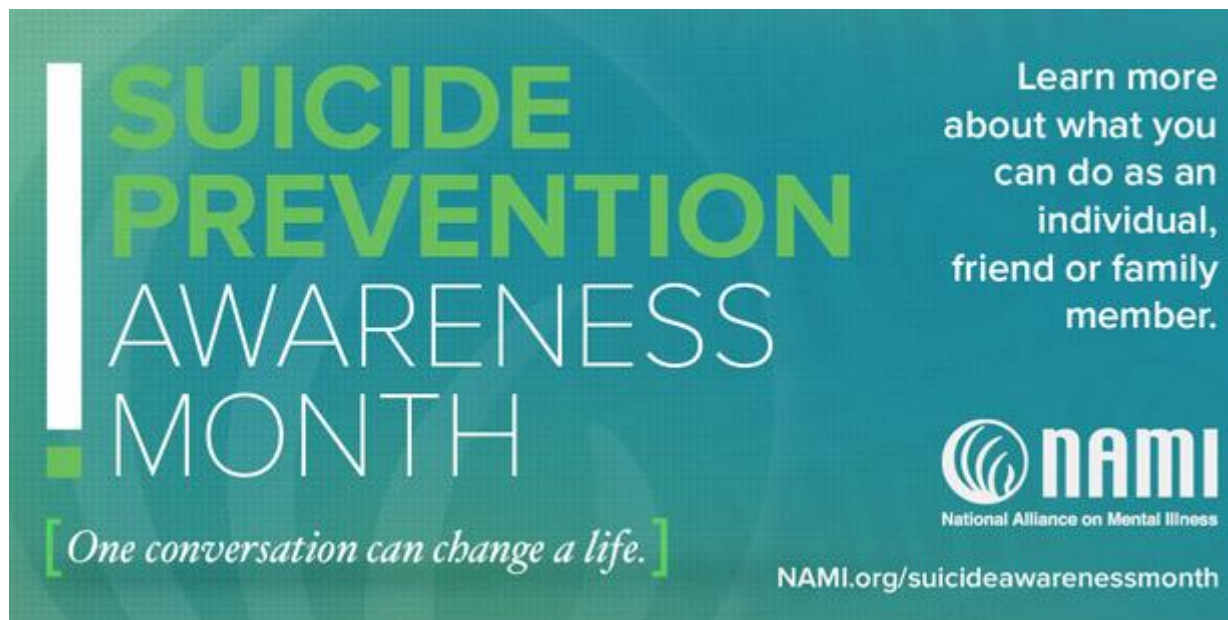


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### Suicide Prevention Awareness Month



September 2016 is also known as National Suicide Prevention Awareness Month which helps promote resources and awareness around the issues of suicide prevention, how you can help others and how to talk about suicide without increasing the risk of harm.

Suicidal thoughts can affect anyone regardless of age, gender or background. Suicide is the [third leading cause](#) of death among young people and is often the result of mental health conditions that effect people when they are most vulnerable. Suicidal thoughts and suicide occur too frequently but should not be considered common and can indicate more serious issues. In many cases the individuals, friends and families affected by suicide are left in dark, feeling shame or stigma that prevents talking openly about issues dealing with suicide.





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### Suicide Prevention Awareness Month

- [Know the Warning Signs and Risk of Suicide](#)
- [Preventing Suicide as a Family member or Caregiver](#)
- [Being Prepared for a Crisis](#)

#### **Crisis and Information Resources**

- I'm in crisis or am experiencing difficult or suicidal thoughts: National Suicide Hotline **1-800-273 TALK (8255)**
- I'm looking for more information, referrals or support: NAMI HelpLine **800-950-NAMI (6264)**

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** or call **911** immediately.

#### **World Suicide Prevention Day**

On September 10, 2016 we observe World Suicide Prevention Day to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to address suicide prevention.

#### **What else can I do?**

We believe that these issues are important to address year round. Highlighting these issues during Suicide Prevention Awareness Month and World Suicide Prevention Day provides a time for people to come together and display the passion and strength of those working to improve the lives of the millions of Americans that can benefit from honest discussions about mental health conditions and suicide. In fighting for those living with mental illness there is still much more that needs to be done and more ways to get involved.

See more at: <https://www.nami.org/suicideawarenessmonth/hp#sthash.1umTNMng.dpuf>



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**Grandparents Day  
Sept. 11, 2016!**

Are you ready to Do Something Grand for Grandparents Day! Visit [GrandparentsDay.org](http://GrandparentsDay.org). While you're there, you can see who our [Grand Partners](#) are. Check out our [Take Action Guide](#) and [Grand Things to Do](#) for ideas.

## #TakeAGrandie

Generations United is holding a contest to reward the best grandie out there.

What's a grandie?

An intergenerational selfie, of course!



Why not #TakeAGrandie during a family vacation with someone of a different generation and let us know by using the hashtag on Facebook and Twitter. Your family vacation just won't be complete without a grandie to show for it!

The winner will be determined by the voting public! Just like, share, and retweet your favorite grandies!

The winner will receive a "Grandie Prize," which we're keeping a mystery. We'll announce the winner and prize the week after Grandparents Day.

For more information visit: <https://grandparentsday.org/takeaction/takeagrandie/>



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# 40<sup>th</sup> Anniversary JAPANESE FESTIVAL

SEPTEMBER 3–5  
*labor day weekend*

## Labor Day Weekend September 3-5

Celebrate the 40th anniversary of the Japanese Festival, a three-day cultural adventure right here at the Garden. Experience the thunderous pounding rhythms of the taiko drums, the all-new thrilling samurai sword performance and more!

For 40 years, the Missouri Botanical Garden has produced the annual Japanese Festival in conjunction with the Japanese Activities Committee, a coalition of several Japanese-American organizations that provide art, dance, food and entertainment for thousands of visitors each year.

### Hours

Saturday\* & Sunday, September 3 & 4

10:00 a.m. to 8 p.m.

Grounds open at 9 a.m. and remain open until 10 p.m. for candlelight walks.

Monday (Labor Day), September 5

10:00 a.m. to 5 p.m.



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# 40<sup>th</sup> Anniversary JAPANESE FESTIVAL

SEPTEMBER 3–5  
*labor day weekend*

\*Due to festival scheduling, there will be no Saturday morning walking hours on Saturday, September 3.

### Admission

---

\$15 Admission (ages 13 & older)

\$5 Children (ages 3–12)

\$5 Garden members (free for member children 3–12)

Regular admission rates also apply for the Doris I. Schnuck Children's Garden.

Please note: trams do not operate during Japanese Festival.

[View festival event schedule](#)

[Download festival program](#)





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# KANSAS CITY IRISH FEST

**Labor Day Weekend At Crown  
Center | Sept. 2-4**

## Celebrate Celtic Pride in CowTown

With over 30 bands on seven stages, heritage workshops and displays, comedy, genealogy, a massive children's area and so much more, there is no better way to celebrate Celtic Pride in Cowtown than Kansas City Irish Fest! Sign up for our email newsletter or follow us on social media and never miss a thing.

74892701033546302481

For More Information or to Purchase Tickets Visit:  
[www.kcirishfest.com](http://www.kcirishfest.com)





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## ANNUNCIATION GREEK ORTHODOX CHURCH

12001 WORNALL ROAD  
KANSAS CITY, MO 64145

**September  
9<sup>th</sup>, 10<sup>th</sup>, & 11<sup>th</sup>**

### Festival Hours of Fun:

Friday: 6pm - 10pm

Saturday: Noon - 10pm

Sunday: Noon - 6pm

**Come for the FOOD. Enjoy the FUN. Leave as FAMILY!**

- Authentic Greek Food & Pastries
- Church Tours • Church Bookstore
- LIVE Greek Music & Dancing • Gift Shop
- Saturday Evening Church Service

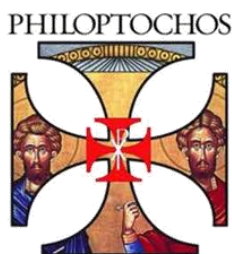
**FREE ADMISSION!**

~

**FREE Parking Available**

**FESTIVAL HOTLINE: (816) 942-9100**

**Follow our Facebook Page for  
Event Updates and Promotions!**



*We are proud to partner with the Annunciation  
Ladies Philoptochos Society!  
A portion of the festival proceeds will be distributed to  
local charities by this great organization.*







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## 1st ANNUAL CENTRAL PLAINS

VISIT OUR WEBSITE AT:  
[WWW.CENTRALPLAINSPOWWOW.COM](http://WWW.CENTRALPLAINSPOWWOW.COM)

## INTER-TRIBAL POW WOW

**SEPTEMBER 9th & 10th 2016**

ADMISSION ADULTS \$3- SCHOOL AGE \$1- ELDERS AND PRESCHOOL FREE

EMS, Fire, Law Enforcement, and Active Military show ID for FREE Admission

ROTHWELL PARK MEINERT FIELD

MOBERLY, MO 65270

TAKE HWY 24 WEST OFF OF 63 ABOUT 1 MILE PAST RT JJ ON LEFT

LIMITED CAMPING AVAILABLE – BRING YOUR OWN CHAIRS

PETS WELCOME AS LONG AS THEY ARE ON A LEASH

Native American Art Vendors – Native Food – Raffles – Fun for the entire family!

ALL DANCERS AND DRUMS WELCOME

DANCERS PLEASE PREREGISTER ON OUR WEBSITE

SATURDAY EVENING MEAL PROVIDED FOR SINGERS, DANCERS, AND VENDORS

VENDORS CONTACT US FOR APPLICATIONS

CONTACT INFORMATION :DAVID GARNETT COMMITTEE CHAIRMAN 573-819-2315

CENTRALPLAINSPOWWOW.COM . OR FIND US ON FACEBOOK

### HEAD STAFF

HEAD MAN : Bill Branson

HEAD LADY : Stephanie Reyes Hayes

MASTER OF CEREMONIES :Ed Smith

ARENA DIRECTOR : Shane Adams

HONORED ELDER : Anthony Flores Sr.

HOST SOUTHERN DRUM: Young Bucks

HOST NORTHERN DRUM: Coyote Canyon

HEAD GOURD : Red Star Intertribal

Gourd Dance Society

### \*\*\*Special Dance Contest\*\*\*

Sponsored By HEAD MAN DANCER

### \*\*\*HAT and BOOT DANCE\*\*\*

Prizes for top Man and Woman

Search 'hat and boot special' on  
YOUTUBE for examples.

Grab your cowboy boots and Stetson  
and join the fun!

### SCHEDULE OF EVENTS

#### FRIDAY SEPTEMBER 9TH

2:00 PM - Vendors Open

7:00 PM - Grand Entry

7:00 - 10:00 PM - Inter-Tribal Dancing

#### SATURDAY SEPTEMBER 10TH

9:00 AM- Vendors Open

12:00 - 1:00 PM - Gourd Dancing

1:00 PM - Grand Entry

1:00 - 4:00 PM - Inter-Tribal Dancing

5:00 - 6:00 PM - Dinner Break

6:00 - 7:00 PM Hat and Boot Dance

7:00 - 8:00 PM - Gourd Dancing

8:00 PM - Grand Entry

8:00 - 10:00 PM - Inter-Tribal Dancing



LODGING FOR HEAD STAFF PROVIDED BY OUR HOST HOTEL:

**COMFORT INN MOBERLY**

1801 W OUTER ROAD

MOBERLY, MO

660-269-9700

CONTACT FOR ROOM AVAILABILITY





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# Mexican Cultural Society of Saint Louis

## SHARING WITH ST. LOUIS

THE HISTORY, THE FOOD, THE CULTURE AND THE AMAZING PEOPLE OF MEXICO

OUR YEARLY EVENT IS BETTER THAN EVER !!!

SEPTEMBER 10, 2016

Saturday

DINNER + SHOW + DANCE

DoubleTree Hotel  
Westport Plaza  
1973 Craigshire Road

Registration: 6p  
Dinner: 7p-8p  
Entertainment/Show: 8p  
DJ/Dancing: 9p-Midnight  
\$55 per Adult  
Kids Menu (\$22, under 10 years)

Delicious DINNER & WINE\*  
Amazing BALLET FOLKLORICO dancers!  
Dance all night!

### FOR TICKETS & SPONSORSHIP INFO:

Gloria Hansen.....636-795-8854  
Maria Stokley.....636-579-2657  
Silvia Beck.....636-368-5348

☞Two bottles of wine per table.





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### Mexican Cultural Society of Saint Louis

The Mexican Cultural Society hosts several events throughout the year in order to raise money for scholarships to help Latino students in need.

Our non-profit also participates in other city-wide events throughout the year to promote our beautiful and unique culture. Through our Ballet Folklórico group, our music, and our close ties to the St. Louis community, we would love to be a part of your community or corporate event.

Our most recent event at the St. Louis Art Museum was one of their biggest attending events. We were so proud to share with audience Mexican dances, regional dresses, and beautiful live music.

For More information visit: <http://www.saintlouismexicans.com/>



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# Voz Latina

[www.vozlatina.missouri.edu](http://www.vozlatina.missouri.edu)

## 2016 Hispanic Heritage Month events

- Spanish Story Time / Hora de cuentos en familia at the Daniel Boone Regional Library (100 West Broadway), ages 2-5.
  - Saturday, Sept. 10, 10:00-10:30am
  - Saturday, Oct. 8, 10:00-10:30am
  - Thursday, Nov. 17, 6:00-6:30pm
  - Saturday, Dec. 10, 10:00-10:30am
- Annual Latino Family Picnic: September 10 at 12pm.
- Celebrando Nuestras Culturas/Celebrating Our Cultures  
Saturday October 8th, 2-5pm  
Location: Boone County Courthouse Plaza - 801 E Walnut  
Join us for our final event as part of Latino Heritage Month as we gather in the community and celebrate Latino culture and heritage!





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Voz Latina

University of Missouri

cordially invites you and your family to our  
*les invita a ustedes y su familia a nuestro*

# Latino Family Picnic

## *Picnic Familiar Latino*

Sept. 10, 2016, 12-5pm

Hulen Lake Shelter House

(intersection of Martin Dr. and Bourn Ave.)

Open to MU faculty, staff, students, and the Columbia community.

MU Voz Latina will provide a main dish. Please bring a side dish from your country, region, or culture.

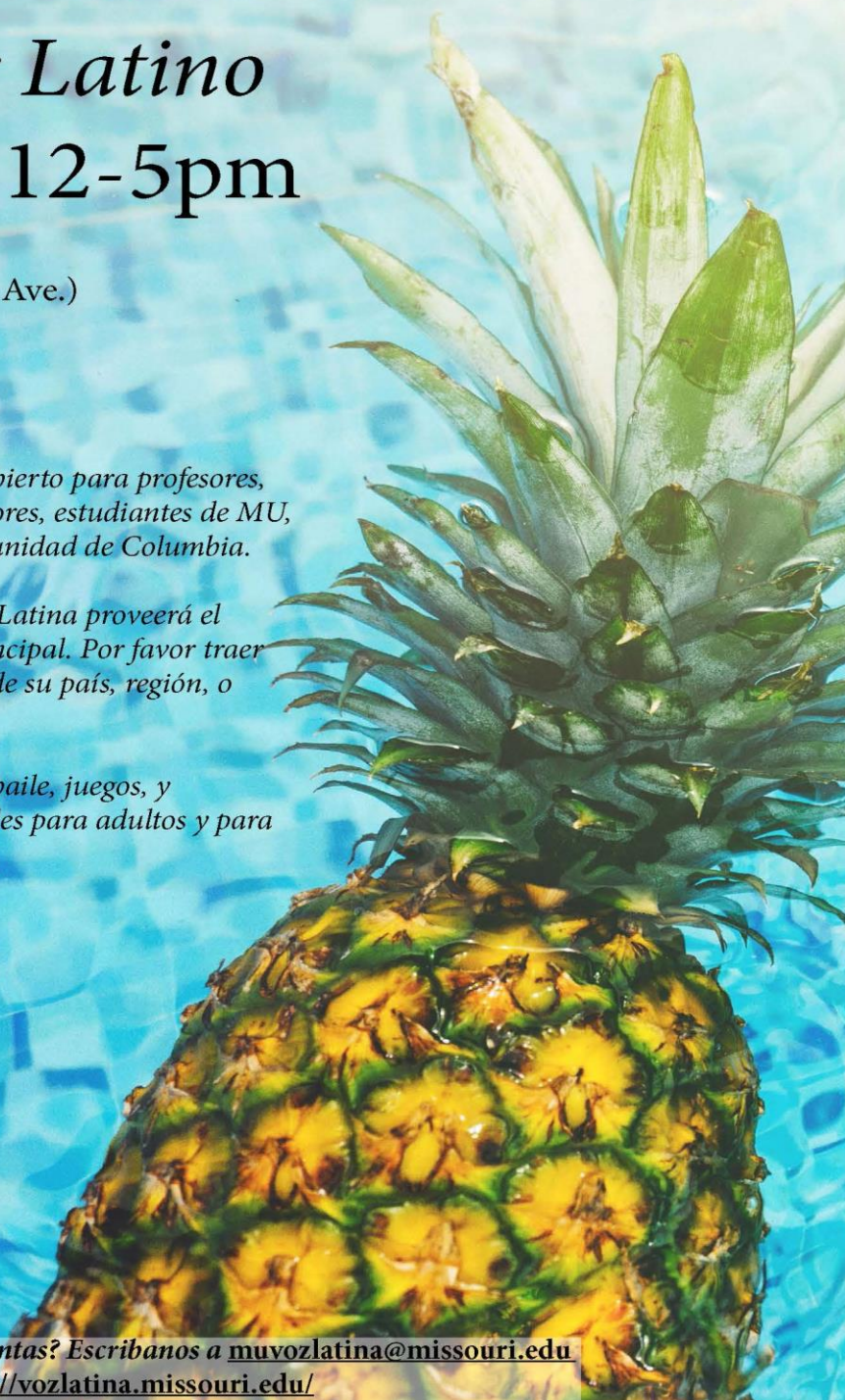
Music, dancing, games, and activities for adults and children.

*Evento abierto para profesores, trabajadores, estudiantes de MU, y la comunidad de Columbia.*

*MU Voz Latina proveerá el plato principal. Por favor traer platillos de su país, región, o cultura.*

*Música, baile, juegos, y actividades para adultos y para los niños.*

Send questions to / Preguntas? Escribanos a [muvozlantina@missouri.edu](mailto:muvozlantina@missouri.edu)  
<http://vozlatina.missouri.edu/>







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# 39th Annual Heritage Festival & Craft Show

- Handmade crafts
- Saturday evening ghost stories from 8-9:30 pm
- Tours of Walters-Boone County Museum, Maplewood House and Village at Boone Junction
- Great food!



Visitors will be taken back to the traditions of the past. Listen, learn, and see history as it comes alive. See artisans and tradesmen dressed in 19th century attire demonstrating their trades and selling their wares. A large contemporary handmade craft area will also be featured.

For more information and stage schedule visit:

[http://www.como.gov/ParksandRec/Activities\\_and\\_Programs/heritage-festival.php](http://www.como.gov/ParksandRec/Activities_and_Programs/heritage-festival.php)





## The Trumman

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# 39th Annual Heritage Festival & Craft Show

**Saturday & Sunday, September 17 & 18, 2016 10 am - 5 pm**



**Historic Nifong Park, 3700 Ponderosa St.**

**(Hwy 63 S & AC/Grindstone Parkway exit west)**

**Columbia, Missouri**

**FREE!**

- Traditional tradesmen & artisans demonstrating "lost arts"
- Entertainment on three stages
- Cowboys with their chuckwagons
- Lewis & Clark outpost
- Fun for Young'uns Area (stilts, paper pumpkins, milk the "cow," rope making, candle dipping, candy in the haystack, hayrides, and much more!)



# The Trumom

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## Greater St. Louis HISPANIC FESTIVAL

SEPTEMBER 23, 24, 25

SOULARD PARK

7th Street and Lafayette Ave, next to Soulard Market

**Live Latino Bands**  
**Folkloric Dancers**  
**Authentic Foods**  
**Hispanic Arts & Crafts**  
**Los Niños Kids Corner**  
**Low Rider Car Cruise**  
**Information Booths**  
**Free Admission!**



**GRUPO CANA DORADA**  
Sunday 4pm - 8pm



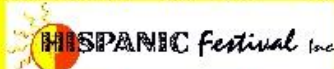
**CARNIVAL FIESTA**  
Friday 6pm - 10pm



**ORQUESTA ARABU**  
Saturday 6pm - 10pm



**Low Rider Car Cruise**  
Sunday 1pm



(314) 837-6100

[www.HispanicFestivalstl.com](http://www.HispanicFestivalstl.com)





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## Greater St. Louis FESTIVAL HISPANO

SEPTIEMBRE 23, 24, 25, 2016

PARQUE DE SOULARD

7th y Lafayette Ave

**Música Latina en Vivo**  
**Danzas Folklóricas**  
**Comida Auténtica**  
**Artesanías Hispanas**  
**Actividades Para Niños**  
**Show de Vehículos Low Rider**  
**Margaritas y Cerveza**  
**Entrada Gratis!**



GRUPO CANA DORADA  
Domingo 4pm - 8pm



FIESTA DE CARNAVAL  
Viernes 6pm - 10pm



ORQUESTA ARABU  
Sabado 6pm - 10pm



Show de Vehículos Low Rider  
Domingo 1pm



HISPANIC Festival Inc.

Información: (314) 837-6100 [www.HispanicFestivalstl.com](http://www.HispanicFestivalstl.com)



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# Brazil: Feijoada (Meat Stew)



Brazilians typically enjoy this hearty meal at midday, accompanied by a *caipirinha* and followed by a nap. Serve feijoada with steamed rice, braised greens, and sliced oranges for a traditional presentation.

### Ingredients

- 3 strips of raw bacon
- 2 onions
- 3 cloves garlic (or 1 teaspoon garlic powder)
- 1 pound smoked sausage
- 1 pound boneless beef (any cut of meat)
- 1 can (14-ounce) stewed tomatoes
- 1 cup hot water
- 1 Tablespoon yellow mustard
- 4 cups canned black beans
- Salt and pepper

### Directions

1. Cut the bacon strips into big pieces. Fry them in a large pot over medium-high heat for about 3 minutes, stirring often.
2. Turn the heat down to medium.
3. Cut the onion in half. Peel off the skin and outer layer. Chop both halves into small pieces.
4. Peel the cloves of garlic. Chop them into small pieces.
5. Add the onions and garlic to the bacon in the pot. Stir until the onions are soft, about 3 minutes.
6. Cut the sausage and beef into 1-inch pieces. Add them to the onions and garlic.

Source:

[www.epicurio.us.com](http://www.epicurio.us.com),  
[www.foodbycountry.com](http://www.foodbycountry.com)





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## Brazil: Feijoada (Meat Stew)



### Directions

7. Cook until the meat is brown on all sides.
8. Add the stewed tomatoes (with juice), hot water, yellow mustard, and some salt and pepper. Turn the heat down to simmer. Cover the pot.
9. Cook for about 45 minutes, stirring often. If it looks too thick, add more water,  $\frac{1}{4}$  cup at a time. Add the black beans (with liquid).
10. Cover the pot, and cook for 10 more minutes.

Brazilians typically enjoy this hearty meal at midday, accompanied by a *caipirinha* and followed by a nap. Serve feijoada with steamed rice, braised greens, and sliced oranges for a traditional presentation.

Source:

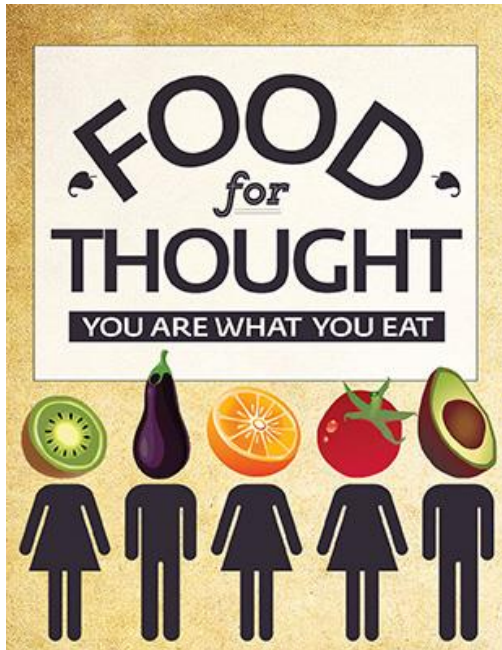
[www.epicurious.com](http://www.epicurious.com),  
[www.foodbycountry.com](http://www.foodbycountry.com)



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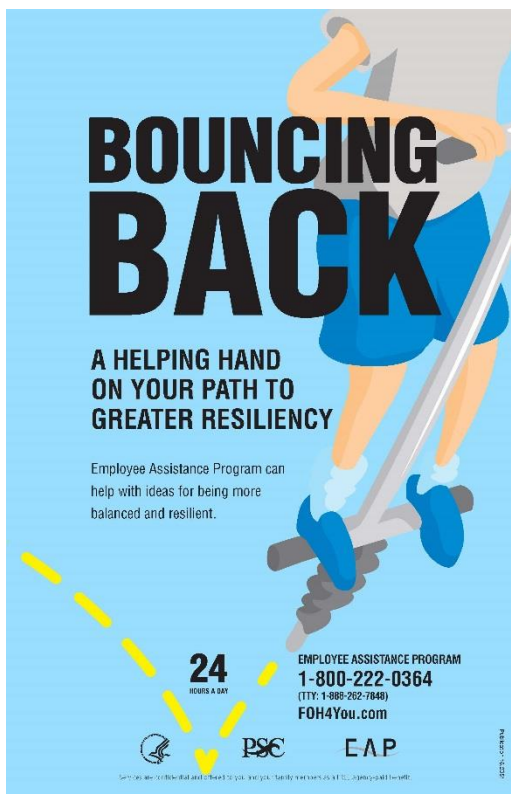
## TOPIC OF THE MONTH

Fruits & Veggies – More Matters

Visit:

[www.foh.hhs.gov/library/toolkits.html](http://www.foh.hhs.gov/library/toolkits.html)

## IN THE SPOTLIGHT - WEBINAR



## TOPIC OF THE MONTH:

Resiliency

VISIT: [www.foh4you.com](http://www.foh4you.com)

## Topic Highlights:

- \*You're more resilient than you think
- \*Resiliency in the presence of adversity
- \*Staying Strong and positive
- \*Tips and tools for overcoming challenges

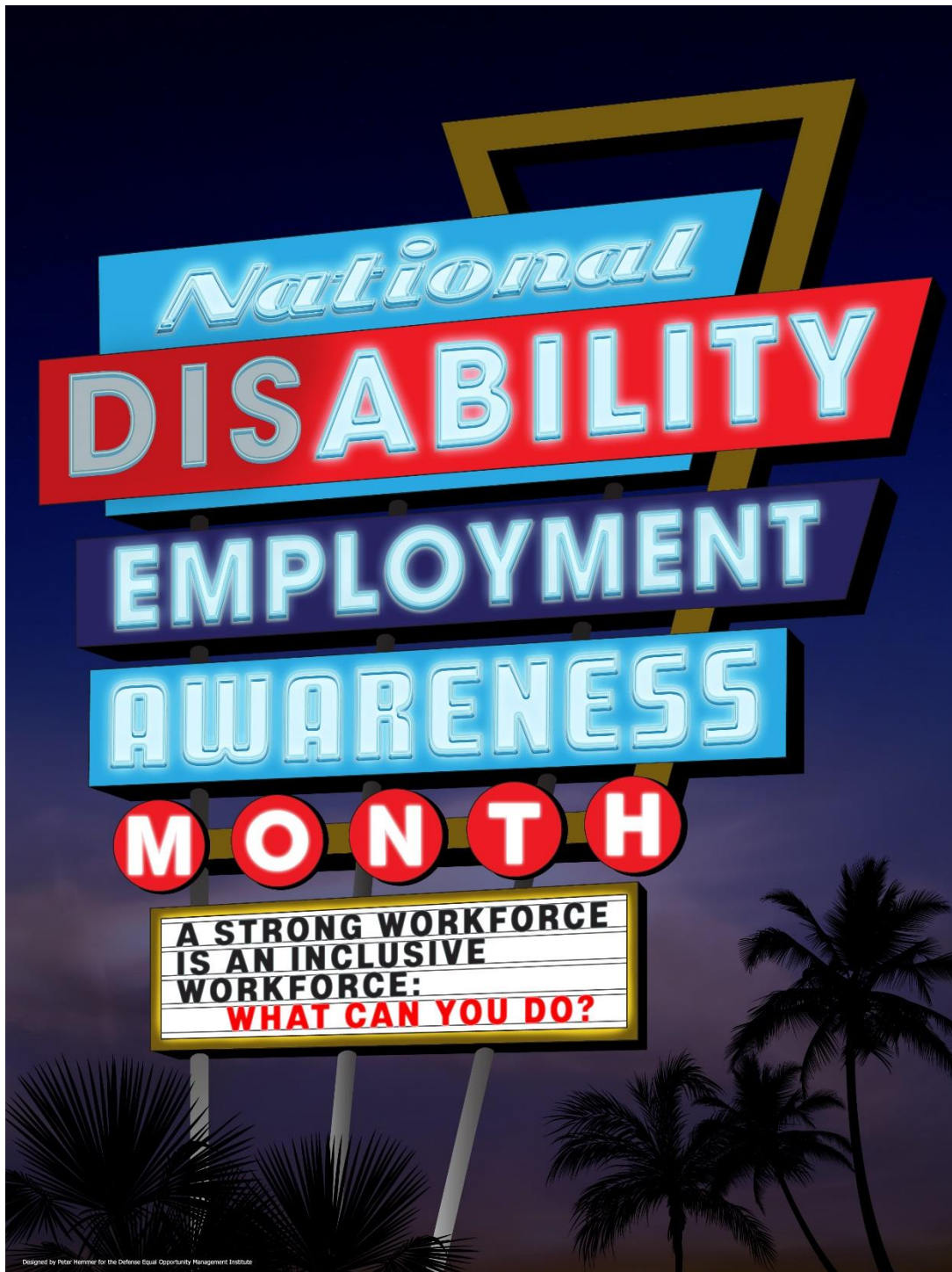


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# Coming Next Month







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Contact SGT  
Desiree  
Robinson to help  
contribute to  
this newsletter

[desiree.n.robinson2.mil@mail.mil](mailto:desiree.n.robinson2.mil@mail.mil)

573-638-9500 x  
39788



\*Note: The MOARNG and the EO/EEO Office does not officially endorse any particular business or event. The articles provided are for informative purposes only.

## WE NEED YOUR HELP!!

Help us make *The Truman* even more interesting!

We want

- To hear **your** ideas
- See **your** articles
- Know about **your** community events
- Learn how Diversity plays a role in **your** life in and outside of the Guard



## KNOW YOUR EO

### JFHQ EO/EEO STAFF

MAJ DEBORAH SMITH  
STATE EQUAL EMPLOYMENT MANAGER (SEEM)

TSGT MIKE MARSDEN  
EO/EEO SPECIALIST

SGT DESIREE ROBINSON  
EO/EEO ASSISTANT

### HHD, JFHQ EO STAFF

LTC ALAN ROHLFING  
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MSG PAUL BOOTH  
EQUAL OPPORTUNITY  
ADVISOR (EOA)